



**Making
an Impression**
Ringspinks
used to create
unique jewelry.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Human
Library**
Students tell
their individual
stories.
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WEDNESDAY, MARCH 18, 2015

SPENCER COLLEGE, KITCHENER, ONT.

WWW.SPENCERONLINE.COM

44TH YEAR - VOL. 10

International Women's Day

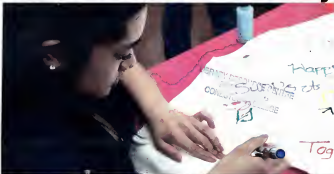


PHOTO BY WENDY BROWN

Angie Riel writes words that she believes represent healthy relationships and friendships during Conestoga's Christmas Project. Students, who donated any changes they had as part of the activity, could pick up their T-shirts on March 23. Presents were given to The Women's Crisis Services of Waterloo Region.



PHOTO BY WENDY BROWN

Christmas Project T-shirts were displayed in the library.

It's time for action to end violence against women

BY WENDY BROWN

Since 1909, the International Women's Day movement has promoted women's rights, giving women around the world a voice when educating them and teaching them the skills to run a business.

On Friday, March 13, numerous events were held around the college. Along with the Ringspin campaign in the bookstore, the Secretary General special guest speaker Anne Ryan, from the International Business Development Association, who spoke about the history of International Women's Day.

According to their website, IWD is an international development occasion that represents sustainable economic relations to poverty and opens community economic growth for millions.

Around the world in 2015, events took place in over 180 countries including the United States. President Barack Obama proclaimed March to be Women's History Month and in 2013, the UN's theme was Empowerment Rural Women - End Hunger and Poverty. This year's theme is A Promise is

a Promise: Time for action to end violence against women.

The college's focus that year was more global in nature. According to Amanda Lytzer, Student Life special projects advisor, Canadian agencies are very fortunate and, as a population, we have come a long way. Therefore, the college will be more global than last year.

Guest speaker Anne Ryan talked about her work overseas in countries such as India and Pakistan, where the empowered women to make their own income. Wages, considered very small by our standards, actually mean them a great deal of respect from their husbands and other male family members.

"I'm excited each time I see women who work with globally - particularly women who find themselves in oppressive situations such as bonded women in Pakistan - overcome some of their challenges through their personal participation in economic activity," said Ryan. "There is nothing better than having that a woman's freedom on a small village in Punjab now has more respect for her because of the role

that she is able to do."

Human trafficking, not something Canadians can relate to, was also discussed. Ryan, through her studies, was able to put a face on the stronglings still going on around the world.

Lytzer said, "Before today I had no awareness, but I had some ideas on personal research on my own. But after today (Friday) to March 13, a definitely open new eyes."

The event took students out of their everyday habits and gave them another outlook, letting them know they are part of a bigger picture.

With a packed room, Lytzer was surprised with the crowd as they continued focused from start to finish and were convinced by the event Ryan shared.

Holly Furber, a Student Life leader with Student Life, believes that with the theme of A Promise is a Promise and domestic violence being a terrible reality that does not discriminate, it is important that we educate and keep the risks aware of the ongoing problems in many communities everywhere, not just locally.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

Who is your all-time favourite television show character and why?



"Stephanie Brennan from Bones. She is so smart."

Kate Thibodeau,
second year
journalism student

"Steeding Archer from Archer. The comments that come out of his mouth are mind blowing."

Steve Spalen,
second year
journalism student



"Mike Anderson from The Mindy Project. He's always saying what I'm thinking."

Stephanie Van Wierden,
first year
political science student

"George Costanza from Seinfeld. The way he looks like life is hilarious."

Ryan Saunders,
first year
journalism student



"George Blah from Amused Development. I really love characters who are funny."

Adam Pothos,
first year
journalism student



Bella Cantagallo, you could be out real right now!

Waterloo named most romantic city

BY GABRIEL HIGGINS

It might not be Paris or Rome, but this year Waterloo has been named Ontario's most romantic city, and the third most romantic city in all of Canada, after North Vancouver and Victoria.

Unlike the Waterloo Region Board's Least Desirable many Waterloo residents were shocked by their city's new title.

"Waterloo comes up about on all the factors that make for romance," and Ottawa is her big 7-point winner. "Waterloo's romantic theme are hard to spot."

"One of those cool, quirky buildings that make up RDA Park for example. Think of those contemporary neighbourhoods, whether they are the dark, glassy around the car museum or modern, tall, white at the city's edge," she added.

The results, however, were not based on Waterloo's architecture, but on a list compiled by Amazon.ca, which compared sales data from romance novels, relationship books, romance comedy DVDs and a collection of romance music CDs.

Yet despite the cold exterior, Waterloo holds some unique features that are worthy of being called "romantic."

"I am from Ottawa, and married to a Waterloo, I find Ottawa more romantic because of the canal, but there are elements to Waterloo that are more, too,"



Ray Carleton and Patricia Campbell enjoy some quality time together strolling at Waterloo Town Square on March 2

and new Waterloo resident, Joshua. "Romantic Waterloo," who added that he arrived by train his girlfriend has a romantic dinner at King Street West.

And going out to dinner is always a popular idea, which is it for a first date or for a 20th wedding anniversary.

"We like to check out new made restaurants throughout the city," and Waterloo couple Tim and Theresa Haddock for example. "College, student and Waterloo resident, Myrland Yarbrough, suggested Georgetown as a restaurant to take someone for a romantic dinner."

Unemployment is a great website that can help you choose the perfect restaurant. Making a romantic dinner at home is also an option. Waterloo is home to the St. Jacobs Farmers' Market where you can shop for fresh

food year-round. During the winter months, strolling at Waterloo Town Square is an option or taking a walk through Waterloo Park in December to check out the Waterloo of Winter are also romantic activities that couples can do.

Waterloo Park is also a popular location for romantic picnics throughout the summer.

Along with Waterloo's romantic restaurants, the city also has great date venues like the Province Cinema and the Arts Room, which Waterloo couple Jay Carleton and Patricia Campbell frequent.

In December, she asked her husband to suggest their favourite romantic place in Waterloo.

They ended up taking the walk along the Grand River and having a picnic at Laurel Creek Conservation Area.

COUNSELLOR'S CORNER

Winter Blues or Seasonal Affective Disorder?

Do you lack energy and feel like sleeping more? Are you almost nothing and gaining weight? Do you feel depressed? During the winter months, many of us have these symptoms and want to get away from the snow, cold and dark days. We call it the "winter blues".

For one in five Canadians this is a more serious problem called Seasonal Affective Disorder (SAD) is a form of clinical depression that occurs yearly during the fall and winter months. Four times as many women as men are affected, and it usually first occurs in early adulthood. Research shows the sun's reduced hours, melatonin in the body produced by some people in the winter when the days are shorter and darker, bright light helps the release of melatonin, and people with SAD have found bright light treatments to be very effective.

For many of us, more light will help in the winter. You can try taking more outdoor activities, participating in winter sports, turning on more lights inside and use of candles, and going south.

If you suspect you may have SAD, you can talk to staff in Health Services or Counselling Services for more information.

A Message From Counselling Services

THANK YOU!

THANK YOU!

***Outreach**

***Students**

Counselling Services would like to take this opportunity to thank the above services for their generous donation to the 50/50 Give event on February 13th, 2013. Many students were also winners due to your generosity. Thank you to the many students who took the time to enjoy the "triplet" in the Atrium and a moment to forget about our long winter and exams. Thank you from Counselling Services.

Region's waste management program being updated



PHOTO BY CALVIN MCGILL/ALTA

With the Waterloo landfill predicted to be full in about 30 years, the Region of Waterloo's new Waste Management Master Plan will look at options for local waste disposal.

BY CALVIN MCGILL/ALTA

It's hard to remember a time when there was no region-wide recycling program, aside with local industries or Green Line programs.

But these programs have only been in place since the implementation of the Region of Waterloo's 1990 Waste Management Master Plan (WMMSP), a study that looks at waste collection, disposal and disposal over a 30-year period.

And now, as the region grows, a new Waste Management Master Plan is being developed as it is necessary to consider new ways of maintaining and improving the region's current waste management programs and services.

According to the Region of Waterloo's website this new WMMSP study will consider our growing population, changes to Ontario legislation, and advances in waste management technology.

"The reason we are doing this is because we have achieved a lot of the goals set out in the original plan," said Don Harwood, project man-

ager for the region's waste management division.

"The only outstanding thing is in regards to the Waterloo landfill, which should have been closed by now, but not.

And since the Waterloo landfill is predicted to be full in less than 30 years time the region will also identify opportunities to divert even more waste from our landfill, and recommend options for final waste disposal once the landfill has reached the end of its life.

According to Donna Barrett, manager of engineering and programs for the region's waste management division, "we are looking at all waste management activities including at work, how we pick things up, enhancing and expanding programs and what we will do with the remaining portion of waste."

"We are looking at all options," Barrett says.

"Anything we do could potentially affect the environment and the surrounding communities," he said.

"The region is going through an evaluation process to see which alternatives will provide the most benefits with

the least impact," Barrett said.

The region has, the editors, been looking for feedback from community members as to how they can better improve the current waste management programs, by suggesting ways that other cities or about waste management to see what residents thought.

Residents, who are mainly concentrating on collecting services, normal neighbourhood about the idea of collecting garbage every two weeks, with green bin and recycling collection every week," said Harwood.

"This also covered other popular items like garbage bags or bins."

Other ideas that residents suggested included an organics collection program at apartment buildings and hotels, or services about what can be recycled.

Residents can review the project reports and collection bins online and attend public information events. Surveys have also been completed at past public information events and online.

Once more public information events will take place in the region and the WMMSP is set to be complete in the fall.

Career and Employment Resources

National Co-op Week - March 18-22

March 18 - 12 - 1:30pm, Green Upper Atrium
March 19 - 12 - 1:30pm, Centridge Atrium
March 20 - 10:30am - 12pm, Waterloo Cafeteria
March 21 - 12 - 1:30pm, Green Upper Atrium
March 22 - 11:30 - 1:30pm, Waterloo Cafeteria

In honour of National Co-op Week, Co-op & Career Services will host events at Green Upper Atrium, Centridge Atrium and Waterloo Cafeteria to provide students with valuable career and employment resources and early insight.

National Co-op Week Contests!

WIN during National Co-op Week, March 18-22, 2011!

Enter both the Co-opweek and National (CAPOC) contests for your chance to win prizes and great prizes!

Co-opweek's Co-op Week contest

1. Visit Co-op & Career Services on Facebook
2. Share your co-op story or aspirations, in 100 words or less, tell us your top experiences along with your future co-op plans. (Entrainment, - Be inspirational - Be creative the benefits of co-op and - Use proper spelling, grammar and sentence structure
3. You could win prizes, money and great prizes.

CAPOC (National Co-op Organization)

CAPOC Co-op Week

March 18-22, 2011. A national challenge per day contest for co-op students in Canada across Canada! - coopweek.com



University Planning Workshop

March 18 - 11am - 12pm, Green Upper Atrium
March 19 - 10 - 1pm, Green Upper Atrium
March 20 - 11am - 12pm, Centridge Atrium, TBA

Do you have a career goal that involves going to university after college? Be sure to attend this workshop!

Learn about the formal agreements that Co-opweek has with universities in Canada, United States & abroad. Application Process, Transcripts, Guidelines and Fees.

Registration required via MyCareer



ELECTION NOTICE AND CALL FOR NOMINATIONS

Three people to be elected as members of
Conestoga College Institute of Technology and Advanced Learning
BOARD OF GOVERNORS

One from each of the following categories:

1. ADMINISTRATIVE MEMBER

All persons employed by Conestoga College on a full-time or part-time basis who are neither Academic nor Support Staff Members.

Term of Office: September 5, 2010 - August 31, 2011

2. STUDENT MEMBER

Open to all full-time and part-time students enrolled in a program of Conestoga College (degree or related course leading to a degree diploma, certificate or other document awarded by Conestoga College)

Term of Office: September 5, 2010 - August 31, 2011

Students must also be enrolled as students during the term of office and must be present to continue to the end of the term until graduation occurs within the term.

3. SUPPORT STAFF MEMBER

All persons employed by Conestoga College on a full-time or part-time basis who are neither Academic nor Administrative Members.

Term of Office: September 5, 2010 - August 31, 2011

Forms of nomination and nomination forms are available by contacting
Ann Reynolds at ext. 3333 or at annreynolds@conestoga.ns.ca

Closing date for applications: March 25/2011

Use of nomination materials: March 28, 2011

ELECTION: APRIL 5 - 10, 2011



Limited vision, limitless imagination

BY JESSICA BOKROS

This is the fourth in a four-part series on unusual impairments and what it's like for the people who live with it.

When Ethan Warren asked out if it was possible for a visually impaired person to go to college, it was not great pleasure to tell him yes.

From the moment he was born, Ethan's life has been one step at a time. The first step was identifying that something was different about him.

"The next day after Ethan was born, we found out that something was wrong with his eyes. We didn't even know. My husband would walk around and be surprised two babies with white eyes so he was surprised. The pediatrician saw his eyes and things just went from there," said Ethan's mother, Leanne.

A visual test, MRI and a CT scan later, Ethan was diagnosed with both retinitis (a hole in one of the eyes' structures) and macular degeneration (a severely worsening small area) and there was nothing that could be done about it.

Nine years later, Ethan's family has found their normal.

In the basement of their charming house in Elmhurst, a long table with small chairs around it, workbooks spread across the surface and a Braille typewriter on one corner. This is the classroom setting from which Leanne home-schools her five children.

Ethan is completely blind as his left eye and has very limited vision in his right, but he has learned to read and write at a similar pace to those with full vision by using his fingers.

Shortly after Ethan was born, the Warren family



received phone calls from the Canadian National Institute for the Blind (CNIB), who offered them support and told them something they couldn't believe.

"Your son will be able to do everything."

One of the most important skills Ethan learned was Braille. Though it was a dual leap to learn at first, he has since been taught other various parts of the world's writing system such as math Braille and music Braille, which are both based around the same six dot code.

After a quick look at his spelling book it is clear that he has an opinion for the writing. Lines of jumps dot a whole page and a yellow sticky-note notes the top right corner.

"I got 100 per cent," he said of the spelling test he took that morning, beaming with pride. But writing isn't the same-year-old's mission.

"I like drawing of what to write but I don't like the writing itself," he said. "I want to make a book."

He also wants to travel the world and try things he didn't think were possible — something that he's already been doing with the help of some local citizens.

One of the experiences Ethan has had recently is learning to ski at Otiscope Ski Club as part of Waterloo Region's Track & Ski School that offers lessons and equipment rental to young people with various disabilities. While learning to ski, sta-



Ethan Warren uses a Braille typewriter set up for him in his basement where he is home-schooled by his mother Leanne.

tions are bypassed in an instructor's safety, but once fully learn to let the slopes without physical assistance.

"I can go down. Remember by myself," said Ethan, who in my entire interview conversation said "I can't."

Anything is possible in his limitless imagination and with all of the technology and services that are accessible to him, his mother agrees that the sky is the limit.

"It's so easy to have a child at this situation in this day and age because there's so much available," she said, adding these services have created a great social opportunity for her son.

For the last five years, Ethan has gone to CNIB's summer day camp for visually impaired and blind children where he has had a lot of hands-on and interpersonal experiences. This is something that he and his mother

agree is important.

"It camp I feel more like I fit in. One time we even had a soccer game. I think I'm better at soccer when I have no visual inputs," he said. Even though he knows he is different in some ways from other children, including his daily sighted siblings, it doesn't bother him much.

"I don't have a fascination with sports. I prefer games like Uno."

Whether it's because of his condition or as a result of his nature, Ethan is more interested in learning things and spends a lot of time reading books using his finger Braille.

"This is my office," he said as he walked me over to see his noisier, a speech-to-text device that captures an image of printed text and reads it aloud.

His office also features a Braille printer to print documents from the computer and a Microsoft Pro that he is cur-

rently learning to use.

As Ethan was older he will learn to use more devices that make everything living easier and learn new ways to describe how his mind makes connections.

For now he explains that he remembers things based on what information he has gathered about them.

"When I was youngest, before I ever flew I used to think airplanes were something very different from what they are. They were these boxes that would just fly around. The first time I stepped on a plane I realized I was very wrong."

Although the concept Ethan sees in his mind may not be accurate, his mother says it doesn't bother him.

"For the most part the concepts in, just the other day he said, 'I can't imagine seeing things. If I could see things it would ruin it.'"



Ethan has become very comfortable using Braille. He has been preparing his fingers with the help of various touch and feel exercises since he was very young.



PHOTO BY JESSICA BOKROS

Is there something bugging you?

Woman goes from fearing bugs to being inspired by them

**STORY AND PHOTOS
BY JIMMY HOFFER**

There was a time in her life when Amy Swartz was scared of insects. She didn't like seeing them, let alone touching them—then she didn't know why. Maybe it was their size, their shape or the way they moved. She just couldn't put her finger on it.

Despite her fears, Swartz wanted to overcome her terror. But no matter what she did, her fright always got the better of her.



Swartz

All that changed around 18 years ago, when Swartz was standing in her kitchen dry as a dishcloth. She noticed a dead dragonfly on her windowsill and froze at first glance. She wanted to flick it off, but for some reason, she just couldn't muster up enough strength to do it. Instead she stood and stared at it. She was captivated by its multifaceted eyes. The moment when its elongated body began though it was dead, its eyes were directed right at her almost like it was pleading to be spared.

It was at that moment that Swartz felt her fear drain. "In this day, she can't explain why she no longer felt the terror. It was a message from the other side telling her to start something beautiful, because she was growing over the loss of her mother when she was the same."

She decided to keep the dragonfly in a terrarium on a table and to this day she collected over 2,500 insects, accumulating them into structural art displays on her balcony off her bedroom. These displays are meant to present beautiful scenes where insects carry out historical human interactions. They have been observed as conversations in Cambridge, Kalamazoo and Toronto.

The idea to create these displays arose when Swartz found a bag of toy army men that belonged to her husband. Some of the heads fell off, so she thought it would be interesting if she took one of them and placed it on a dragonfly.

Taking the head off the dragonfly was nothing at all. Now there were moments she couldn't wait to look at what she was doing, because she thought it was cool. But nonetheless, Swartz continued on with her experiments, and

created her very first display, which she called "mash men."

It consists of a toy head and arms on the dragonfly's body, with a toy gun in its hands. The idea is to suppress Swartz's dragonfly feelings about humanism about how we sometimes feel the need to control everything around us.

She never knew how to express those feelings through words, so she built body to have family stand a platform in front of her dragonfly in his. After she created that display, Swartz decided to collect insects from anywhere she could, not off the beds, and replace them with toy army heads and weapons.

Another one of her displays consists of several butterflies with army heads and weapons. "I can't really tell you why I did it, it just doesn't make any sense," and Swartz. "I just couldn't help noticing the fine detail of the tiny heads, and the fine detail of the insects, so putting them together made sense to me in a metaphorical way."

This has been one of the least of challenges for Swartz, having to find insects to create displays with. She first tried to search at her back yard, but she didn't find any.

"Besides the obsessive-compulsive part of my work, sometimes it's hard to find any many insects without having to buy them," she said. "I have to collect them from many different sources. Sometimes I have to ask people for them."

44 I can't really tell you why I did it, it just doesn't make any sense. 99

— Amy Swartz

Swartz is a mixed artist and a former living in Toronto. Her mother lives nearby the concept of humanism in human the perception regarding our control over life, death and nature.

Along her work, she tries to bring forth the natural and imaginary world she thinks isn't seen as much anymore. She doesn't see it as her reflection or the "humanized" state of life, of humanistic "person" behavior, as attempt to control the world and society.

She intends for her work to be a metaphor to overpopulation and extinction, but at the same time reflect the beauty and complexity of life.

As for Swartz's children,



Amy Swartz expresses humanism a struggle to power through her displays. Her work was recently shown at the Pommer House in Cambridge in January, and can now be seen at the Cambridge Butterfly Conservatory until June 18.



ages now and 11, they love the way it made her one time, although she's not sure if they enjoy the process to much.

"I don't think they like seeing bugs stored in the freezer," she said. "But their friends are around by what I do. They love my creations."

Swartz's two children become slightly engaged with their friends, because they spend most of their week staying at an open freezer in one of her work.

Swartz has collected her one pest, which is to have her work exhibited in libraries and conservatories. That

recently, she had her "best exhibition" displayed at the Pommer House in Cambridge in January.

She doesn't plan on stopping in the future. Swartz plans on continuing her work, and creating more displays expressing more of human kind's connection between her power. She has at least 1,800 more insects at her house, and is still looking to collect more.

Her work was first exhibited at the Angel Gallery in Toronto in July 2011, and can now be seen at the Cambridge Butterfly Conservatory until June 18.

AMY SWARTZ THE BUG LADY

- Amy used to be terrified of insects, but now sees them as her artwork.
- She has collected over 2,500 insects, and still counts more.
- Her work has been shown in conversations around Ontario involving Angel Gallery in Toronto.
- It is currently on display at the Cambridge Butterfly Conservatory.

Take a look, it's in a book



**STORY AND PHOTOS
BY WHITNEY SOUTH**

Where you were wanted to sit down and have a conversation with a drug addict?

Or wondered what it's like to live with a learning disability?

And just what is Asperger's syndrome?

For those who attended Connecticut College's second annual Human Library on March 1, no page was left untapped.

Throughout the event, students, staff and faculty were given the opportunity to speak informally with a collection of "people on loan," representing over a dozen different demographics.

Human Library breaks barriers and challenges perceptions



Some of this year's titles included an HIV-positive student, a drug addict, a mature student, a student recovering from substance use, individuals with mental health issues as well as a student with Asperger's syndrome.

Byron Dineen, Student Life programmer at Connecticut College, said a student originally recommended the event after she had read about it on the Internet. After a little research, the Human Library was added to Spring Week.

"We looked into the concept and thought it perfectly aligned with the mission of our Asperger campaign," he said. "It gave students a chance to interact, ask questions and learn more about some of the challenges that some of our peers on campus face."

Originally created as a project by Steg Wiebe, a youth org-

anization in Copenhagen, Denmark, the Human Library made its debut at the Bookable Culture and Music Festival in 2000.

Inspired by Iceland's author, Laila Marie, *Slap the Vampire* introduced the concept of Stephen King's biggest monster being not an imaginary beast, but those on our campus who have extraordinary abilities, including Asperger's syndrome, living among the rest of the world.

Despite its humble beginnings, the Human Library has since grown into an international non-profit organization whose mission is to introduce their concept to communities all over the world. Connecticut College is one of the first post-secondary institutions in the U.S. to host the event.

Council said he was really impressed by how personable and how vulnerable the human books were allowing themselves to be for the whole college community.

"There's things we think we know about people and I think this was a chance for us to ask questions in an open, accepting and non-judgmental way and expand our own learning," he said. "We even got a chance when we're talking about different aspects of diversity to get all these honest questions and get honest answers."

Though the majority of books represented were Connecticut students, a few were recruited from outside the college including Marc Hall of Okeanos, a gay high school student who took the Catholic school board to court after being denied the chance to take his boyfriend to prom in 2002.

"I loved being a human book," said Hall, who regularly speaks at high schools and universities. "I think this

event was really awesome. I've never done anything quite like it. It's amazing that so many people want to be educated about areas they don't know about and it was very cool."

With this year's Human Library attracting over 100 students and faculty, Council said Student Life is looking into starting more of these events throughout the school year.

"This is this has become one of our Student Life department's flagship events," he said. "It's one of the largest activities that students look forward to each year and there's a lot of discussion about it. We just want to keep it going."

**Meet a person with
an eating disorder**



Holly Featherstone
Age 18
Housatonic, Westchester, Ont.
Second-year bachelor of public relations student.
"I like to think of myself as recovered and an example of somebody who can take back control. The most important thing is I want to be a resource for people in case to realize that is an important topic to talk about. I feel that this issue doesn't get talked about a lot and that's unfortunate because I know there are a lot of people who are suffering in silence and it doesn't have to be that way. They can reach out to resources on campus, they don't have to be alone."

**Meet
a gay male**



Marc Hall
Age 38
Housatonic, Okeanos, Ont.
He was the subject of a made-for-TV movie and documentary after taking the Catholic school board to court after being denied the right to take his boyfriend to prom in 2002.
"I got involved at high schools, universities and colleges just to educate people to be there when there's nothing wrong with being gay. You should be confident on who you are and there are resources if you need help. It's no mattering, I live doing these events."

**Meet
a mature student**



Beverly Gull
Age 35
Housatonic, Housatonic, Ont.
Second-year recreation and leisure studies student.
"I had done bookkeeping for over 25 years and it was time for a change. It was an honor to be invited and I just want people to know mature people can come back to school. I can be proud in my class and I know my life lessons have added to the classroom.
It's better but it's a good thing and I know at the end of the road I can do a job I really want to do."

**Meet a student with
a learning disability**



Kim Kicher
Age 19
Housatonic, Okeanos, Ont.
First-year community and criminal justice student.
"I'm happy to be able to help people challenge their beliefs and to be able to ask questions about something they don't know about and make sure something they're struggling with themselves and knowing if they have a learning disability and the stigma behind it."

**Meet an individual
living with HIV**



Byron Nagy
Age 30
Housatonic, Westchester, Ont.
First-year technology foundations student.
"I was diagnosed Dec. 2, 2004. It was AIDS scare-time which that encouraged me to get tested. The reason I'm here is because I want to educate people about the stigma that comes with living with HIV. By speaking out it can help this I'm able to help get over some misconceptions and help make it easier in the future for people to make themselves aware that HIV infection is still an incurable thing."



HEALTH & WELLNESS WEEK

MON

RESPECT YOURSELF DAY

10AM - 1PM

STUDENT LIFE CENTRE

Join the Respect Rep Team and the Respect Campaign as we encourage you to think about how you can "Respect Yourself!"

TUES

HEALTH AND WELLNESS FAIR

10AM - 1PM

STUDENT LIFE CENTRE

Informational displays and activities from a variety of local organizations. Find out information, how to get involved, and why you should know about these organizations!

WED

HEALTHY EXERCISE

11AM-1PM

STUDENT LIFE CENTRE

Learn about the importance of health, fitness and exercise! Hosted by the Fitness and Health Promotion Program

THURS

TEST YOUR HEARING

10:30AM - 1:30PM

ROOM 2F20, COWAN HEALTH SCIENCES CENTRE

Participate in free hearing screenings! Hosted by the Hearing Instrument Specialist Program

FRI

TEDx LIVE

1PM - 4PM

STUDENT LIFE CENTRE

Watch the live streaming of TEDx Waterloo and broaden your healthy mind!

**MARCH 18 - 22
AT DOON CAMPUS**

Hosted in
partnership
with
 Student Life

Conestoga students give the gift of life

BY BOB WINDHOLM

Conestoga students exceeded all expectations and helped save some lives in the community, as they lined up their donors and gave blood at the first blood drive held in several years at the centre on March 11.

Headed in partnership with the Student Life department and Canadian Blood Services, organizers of Conestoga's first blood drive stated that hoped to collect 40 units of blood, but instead, approximately 70 people donated. Nearly half of blood can help three patients. With approximately 30 units collected, Conestoga students potentially helped 210 people within Waterloo Region.

According to Heather Fowler, a Canadian Blood Services community development co-ordinator for southern Ontario, the goal for new donors is always high, especially given the aging population. Of its target of a blood type is most used, none of it is universally used for all blood types, but is only found in seven per cent of the population.

"Our strategy is to connect with young students so that they get into the habit of giving blood every 40 days (which is the maximum time between donations). We can make it an event for the students and on March 3, we held a

"What's your type?" event, which allowed students to find out their blood type in just a few minutes and with a small prick of the finger."

For the first time, Conestoga College has agreed up to be a Partner for Life. This program signs organizations up and helps them set a goal. For Conestoga the goal is 180 donations per year.

“Definitely, the event exceeded our expectations for the remarkable turnout today.”
— Ryan Connell

The screening process is quite rigorous so can be expected and Lisa Stark also a Canadian Blood Services community development co-ordinator for southern Ontario, who was on hand to the clinic to ensure any questions students might have before donating.

"Every time we collect blood we have to do several tests, including testing your blood for HIV. We do these screening processes to make sure your blood is not only safe for our use but also that it is safe for you to donate. If

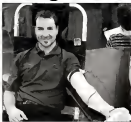
for instance your iron levels were too low then we would not be able to take blood from you," Stark said.

The whole process is designed to take only 10 minutes from start to finish and the actual blood donation only takes 10-12 minutes.

One of those on hand to donate was Nicholas Lattimore, a first-year police foundation student, who is not only Of the Nations, but donating as a regular habit. "I like doing things that help other people but you hear so much about charitable organizations that aren't that reliable and you don't know where your money is going. With this, I know my donation is going to actually help someone," Lattimore said.

Donors were of the event, including Ryan Connell, Student Life programme, who helped bring the drive to Conestoga, were thrilled to help many students come out to help blood donation.

The event, which had a remarkable turnout, definitely exceeded our expectations. We were so blown away that we had so many members of our Conestoga community who were willing to step forward and help someone. We anticipated having to really do recruitment, but right from the start of the event, we had people



Nicholas Lattimore, a first-year police foundation student, releases as he donates blood at a Conestoga College blood drive on March 11.

for participants, which was great to see," Connell said. "I look forward to hopefully bringing the drive back to Conestoga each year, if not

every semester. The support from the Conestoga community to support our expectations is shown in our community that cares."



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UNIVERSITY OF ONTARIO
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This Guelph website helps you shop local

BY JANET CURRIE

Many people love online shopping for the ease of use and convenience, however, there are also those people who love shopping at downtown businesses and local businesses. It is the latter group that is the part to help their local community. Now, thanks to www.guelphdevelopment.ca, which launched their online shopping platform on March 3, shoppers can have the best of both worlds.

At guelphdevelopment.ca shoppers can purchase gift cards and vouchers to downtown shops. The thing that makes this site different than any other such asgroupon.com is the local aspect. The people at [ing small business owners in Guelph.](http://guelphdevelopment.ca purchase their gift certificates and vouchers from area local businesses at a discounted price so they can sell them to you at a discount or not. When shopping at downtown Guelph customers are benefit-</p>
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On the website you pay a discounted price such as \$10 for a full value gift card of \$15. This means that even though you are spending less money you can still receive the full value of the gift card at participating area businesses.

In addition, guelphdevelopment.ca helps support local charities and non-profit organizations. According to the website, "all of the net surplus funds raised from this annual event goes are donated back to our local charities and non-profit organizations."

There are currently over 35 charities and organizations working with guelphdevelopment.ca including Guelph Wellington Women in Crisis, The Guelph Youth Music Centre and Habitat for Humanity of Wellington/Dufferin/Guelph.

Also, if you own or operate a small profit business and you become a member of the website you can have your items

listed on a menu that allows customers to donate three per cent of their purchase listed directly to your charity.

Grace Simon is Guelph resident, and she thinks the website is a great idea.

"I love it, this time about half the downtown businesses are happy customers to help share the wealth. This website seems like a great idea to help get shoppers back in the doors of Guelph shops."

Jessica Brown, another Guelph resident, and she loves that "this website supports local charities and non-profit organizations."

"It is great that I can purchase local items for a discount but knowing that my money is going to help out just charities, but local charities, makes me really feel good about purchasing at guelphdevelopment.ca."

For more information, or to see other programs and services are now online, visit www.guelphdevelopment.ca.

Students swarm job fair

BY RYAN ROSSIGNOL

Cambridge College's recent career center was filled to the rafters March 8, but it wasn't for a pep rally.

From 10 a.m. to 3 p.m., the college hosted its annual job fair, drawing hundreds of resume-seeking students eager for employment.

Drug (black) marketing and events as organizers for the college's Collegewide Education and Career Services, said the purpose of the job fair was to help students connect with prospective employers in person as opposed to applying for jobs online.

44 Cambridge grads have a lot of skills that line up with what we're looking for.

— Richard Mero

"The primary goal of the college is to get students job-ready upon graduation, so we're hoping this can help that happen," Blank said, adding that the college will put search workshops and resume clinics leading up to the fair.

"All of these companies make a big effort to come out and we're bringing all of them right to the students doorstep, so we hope they take advantage of it and find jobs."

A total of 40 companies participated in the four-hour event, each of which set up an information booth on the recruitment center. While some of the companies were specific to a particular industry, Blank said the majority of them

opened to students from various disciplines.

"We try to cater to as many students as possible and get a breadth of employers here to cover as many programs as we can," he said.

"There may be as many as 200 companies here, but that doesn't mean they're only hiring insurance sales. They may be hiring for human resources or they may be hiring for other areas within their company."

Richard Mero manages the Cambridge branch of Turfco Limited. He said his company was at the job fair in search of truck drivers, construction and sales staff.

"Cambridge grads have a lot of skills that line up with what we're looking for," said Mero, adding that his firm currently employs a co-op student from the college.

Mero said job fairs are also a way for businesses to build company reputations.

"One of the reasons we came here is because even though we're well known, in other parts of the province, we're kind of a local fish around the Cambridge area. It's a nice way to get our name out there, the future employees, but also the future customers."

Adam Boncompagni is in his third and final year of Cambridge's computer programming diploma program. He said he dropped in on the job fair between classes in search of a co-op placement from May through August.

"I wouldn't look on it as leading up to anything," he said, "but this summer is important."

While he lost the option of graduating without his final co-op placement, Boncompagni said he would like some additional



PHOTO BY RYAN ROSSIGNOL

Hundreds of students visited Cambridge College's annual job fair on March 8. A total of 40 local companies participated in the fair, which was held in the recreation centre.

travel work experience before jumping into a full-time career and saw the fair as an opportunity to research some companies.

"You can't tell a lot from job postings," he said. "Businesses companies will keep you in the dark about what you'll actually be doing, so that's a way to actually meet them and see what they're all about."

Stacey Bartlett, a part-time instructor at Cambridge who is looking to supplement her income, said it was this personal interaction which drew her to the job fair.

"Even to have a conversation is really important," she said. "You get the opportunity to make a great impression and you might get information you wouldn't get online. It also lets you connect with

specific people rather than just sending your resume out into the ether."

Bartlett, 20, said she is thinking about going back to school for a personal support worker (PSW) program but wanted to explore the job market before making the leap.

"I wanted to talk to a number of different health-care-related organizations, find out about job prospects and get some advice about what kind of employers they're looking for."

Jana Dunn is a staffing and recruitment consultant with Freeman HR Solutions, a staffing and recruiting agency based in Dorchester. She said her company was recruiting new graduates for a number of jobs, ranging from general

and labour to executive positions.

"We're generally looking for staff for the companies we represent," she said. "What we do is facilitate the preliminary interviews for our clients and use that information to help them find suitable employees."

Dunn, who said her company has worked with Cambridge graduates in the past, advised students to be open to any and all possibilities.

"The market is a little bit tight these days, so even if you have something perfect for in mind or want to begin a certain industry, you should be open to other possibilities," she said.

"And above all else, be dedicated to your job search and don't give up."

Explore the Score educates concert-goers

BY WHITNEY HILLER

All Summerbyers, under order of the Cambridge Symphony Orchestra, we are to teach people about music. Because the orchestra's mission is to pay us, you can, who knows people will bring their children along so they can learn that some of their favourite rock songs originated from classical music.

"When children hear this, it piques their interest," Summerbyers said. "One of the important goals of the orchestra is to really engage a audience, but also educate them."

In order to meet this goal,

the orchestra introduced a new series called *Explore the Score*, run by music director Sebastian Vanzo. There are some are designed to provide concertgoers with a deeper understanding of the music played by the orchestra.

"This most recent *Explore the Score* session was held on Feb. 24 at the Clarence M. Library in Cambridge. Vanzo provided background on a concert that was being held on March 1, which included the Schumann Piano Concerto and the Dvorak Symphony by Gustav Mahler.

The session made for a new, growing understanding

experience when people have the meaning of the music," Vanzo said. "Our orchestra was featured in the film and we're hoping to start bringing live performances to the masses."

The orchestra has already made an impact on the community, particularly on its students. One student who played for the orchestra when she was in university now plays for the Vanzo State Opera in Australia, and another student who played his first solo at age 11 has been offered scholarships to the U.S. and Canada.

"When students study music in university, we want

to provide a platform where they can come to play," Summerbyers said. "And they finish their program, there's no telling how far they'll go."

One challenge the orchestra faces is fundraising. Since the school has administrative offices, it relies on its website to reserve donations. Summerbyers is planning on adding PayPal to the website, so people can donate directly from their credit cards.

"I want to make it as easy as possible to receive funding for the orchestra," she said. "Raising funds can be a very

difficult task, especially for a project as large as this."

The Cambridge Symphony Orchestra remains a strong following, with a large number of people attending the concerts.

"Some people who have never seen us tend to think of us as a 'Mickey Mouse' orchestra because we're in Cambridge," Summerbyers said. "But once they are in person, they're no longer by what they see, but they want to come back."

To learn more about the Cambridge Symphony Orchestra, visit www.cambridgesymphonyorchestra.ca.



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& WELLNESS
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MONDAY MARCH 18
10AM- 1PM

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Capturing memories in metal

BY ALLAN ROBINSON

Handcrafted? Not specific enough.

Local silversmith and artist Heather Murray takes designing pendants and earrings, charms and bracelets to the next level with her one-of-a-kind fingerprint impressions jewelry.

Crafted with care in Murray's vibrant home studio, these custom made pieces bear the special swirls and curves of a loved one's finger, carefully captured to lasting silver forever.

"I've been making jewelry for a long time, but it became something that I knew would stick on," she said.

Murray began making the personal impression jewelry almost three years ago, when a friend told her about a phenomenon that had taken off in the United Kingdom. She was already making custom jewelry, on the basis to her interest. So selling the personal products wasn't a far one: she already had the tools, the training and the desire to encapsulate such a precious memory in metal.

Murray, who has a specialized business BA in fine arts from the University of Guelph, took her first hand work class at the age of 19, which sparked an interest in jewelry.

After working as a retail personalization specialist, designing windows for the Bay, then as a designer for a textile company for the Catholic Church, Murray was looking for a career change.

Her first business came swiftly. Through social

media, word of mouth and scheduled product parties, Murray's creativity flows throughout Canada and into the United States.

She has been featured at the Boston area Fine Art Gallery in Guelph and had a studio in Rochester before moving the creative process into her home.

"I am able to be flexible with my hourly time, which has been a real blessing," she said. Murray has two small boys and a husband who are all very supportive of her trade.

By beginning with a soft compound of a fingerprint, Murray can make a reverse cast that is pressed into a fine silver clay, which is then fired and oxidized.

"It is sort of a rustic, matter finish. It looks worn and weathered," she said of her work, and the influence is clear on her website Murray creates custom "Fingerprints of a parent, mother, father. It looks worn and weathered," she said of her work, and the influence is clear on her website Murray creates custom "Fingerprints of a parent, mother, father. It looks worn and weathered," she said of her work, and the influence is clear on her website

Using traditional silversmithing techniques such as fabrication, sawing, soldering and polishing, she constructs each piece, whether it is for everyday Mother's Day or Christmas, with equal parts skill and care. But there are special cases that tag on the heartstrings. Often Murray is sought out by families of the terminally ill, seeking a memorial piece.

"Every piece is special, but I'm a bit of a snob so there are pieces that I just a bit of heart one."



PHOTO BY ALLAN ROBINSON

Heather Murray, of Cambridge, is the artist and labors behind Say Silver's custom jewelry. A lifelong artist, Murray works from her home studio.



PHOTO: HEATHER MURRAY

